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ICE CREAMS FROZEN WITHOUT STIRRING

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ICE CREAMS FROZEN WITHOUT STIRRING

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ATISFACTORY desserts may be frozen without stirring by packing in ice and salt or by placing in the trays of the mechanical refrigerator. A fairly rich mixture must be used in these desserts and the ingredients carefully combined in order to obtain a satisfactory texture. Such ice creams are never so smooth as those prepared in a freezer with a dasher but are less trouble and, properly prepared, have a flaky, crystalline texture quite characteristic and desirable.

In freezing with a dasher, the knife edge cuts off the crystals as they are formed, and the whipping portion of the dasher beats in the air. In freezing without stirring, the size of the crystals must be controlled by air beaten in in advance, by the fillers in solution, or suspended in colloidal form as the chemist says, and by the rapidity of freezing. Air and fillers get in between the particles of water and prevent mechanically the formation of large crystals. Slow freezing makes larger crystals.

Heavy cream is the most satisfactory base for desserts frozen without stirring. Such cream is used in the preparation of mousses and in combination with egg whites in parfaits. These are frozen by packing in ice and salt without stirring or in a mechanical refrigerator, provided the temperature of the unit is sufficiently low, from 21° to 27° F. Heavy cream holds in air when whipped, and the fat is evenly distributed. Both these conditions retard the formation of large crystals. Furthermore the fat becomes more solid at the low temperature, thus adding to the smoothness desirable in these desserts. Heavy cream is expensive, however, and if used alone is too rich to be palatable; so recipes have been developed in which the rich cream is diluted by the addition of evaporated milk and thin cream, or by rich milk thickened with gelatin, eggs, or flour.

In making these desserts in the units of the mechanical refrigerator, it should be remembered that they are designed primarily as a refrigerating device and not as a freezer for desserts. The thermostat is ordinarily set to keep the box at satisfactory temperature for food storage, and it does not go below 10° to 15° F. Any refrigerating machine may be provided with a short-circuiting device that throws out the temperature regulator and keeps the unit colder, and some are now equipped with a regulator that makes it possible to set the unit to hold a lower temperature. In any case it is desirable to use a mixture which will start to freeze at the highest possible point. Sugar lowers the freezing point; therefore the sugar in these recipes has been kept at the lowest level for palatability.

Plain mousses may be extended and their flavors changed by serving them as sundaes with fruits or with sauces flavored with chocolate, caramel, maple sirup, or honey. Less sugar may then be used in the mousse and it will be easier to freeze.

VARY THE FOUNDATION RECIPE

PLAIN MOUSSE

1 cup double cream
1 cup rich milk or thin cream
1 tablespoon gelatin
6 tablespoons sugar

2 egg whites
 $\frac{1}{16}$ teaspoon salt
 $\frac{1}{2}$ teaspoon vanilla

Soak the gelatin until soft in a little of the milk or thin cream. Heat the remainder, and pour over the gelatin. Add the sugar and stir until dissolved, and put the mixture aside to chill. Whip the double cream. When the mixture containing the gelatin has thickened slightly, beat it to incorporate air. Add the vanilla, and fold in the whipped cream and the well-beaten egg whites. The egg whites reduce richness, increase volume, and improve texture. These proportions will make over 4 cups before freezing; or, if the egg whites are not used, about 3 cups.

VARIATIONS OF THE FOUNDATION RECIPE

Instead of the gelatin as the thickener, any one of the following may be used:

Moisten 1 tablespoon of flour with a little of the milk or thin cream, add to the remainder, heat to boiling, and combine with the whipped cream and other ingredients.

Or prepare a custard from the cup of rich milk, three egg yolks, and the sugar. Cool, beat, and add to the other ingredients as described.

Or use 1 cup of evaporated milk instead of the rich milk or thin cream. Chill, beat until light and frothy, and combine with the whipped cream and other ingredients. Chocolate or any of the more decided flavors will cover the evaporated-milk flavor.

Or add one-fourth cup of marshmallows cut in small pieces to the milk or thin cream, and follow the usual method.

USE DIFFERENT FLAVORS FOR VARIETY

Coffee: Substitute one-half cup strong coffee for one-half cup of the thin cream.

Peppermint: Use one-fourth pound of peppermint stick candy instead of the sugar.

Peanut brittle: Use one-fourth pound of peanut brittle finely ground instead of the sugar.

Burnt almond: Melt 8 teaspoons of sugar carefully and stir in one-half cup of chopped almonds. Heat until the almonds are browned. Crush and add to the cream. Flavor with vanilla and a few drops of almond extract.

Chocolate: Add one or two squares of unsweetened chocolate to the milk or thin cream in place of the other thickening agents suggested. Add 8 to 12 tablespoons of sugar, depending upon the quantity of chocolate used. Cook until smooth. This requires a lower temperature to freeze than the other mixtures, especially when the larger proportion of sugar and chocolate are used, but makes a very rich and palatable dessert.

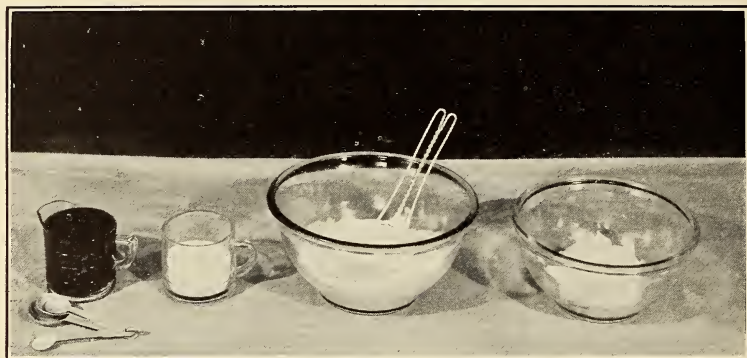
Grated or shaved sweet chocolate may be used to flavor these desserts without affecting the freezing time. The marshmallow mixture is especially good with one-eighth pound of sweet chocolate added.

AS EASY TO MIX AS TO FREEZE

STRAWBERRY MOUSSE

1 cup double cream, whipped $\frac{1}{2}$ cup sugar $\frac{1}{16}$ teaspoon salt
1 cup crushed strawberries 2 egg whites, well beaten

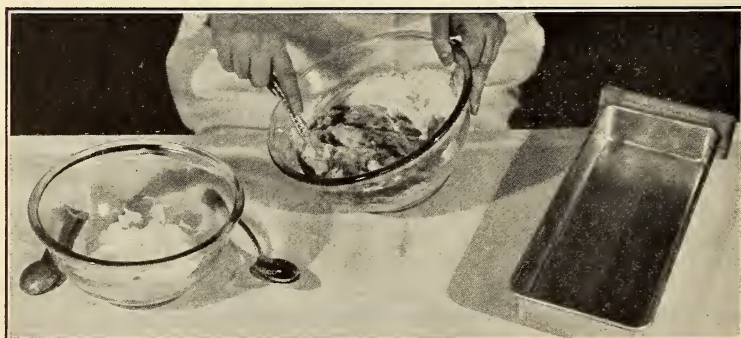
Same proportions can be used with other fruits. Combine by method illustrated.



Ingredients for strawberry mousse



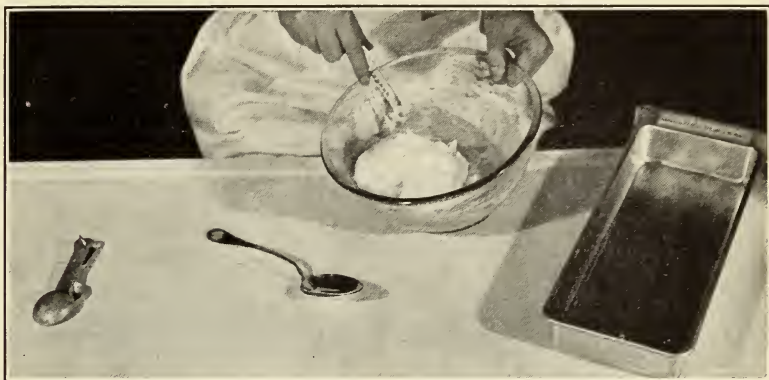
Combine the sugar and crushed fruit and stir until the sugar is dissolved



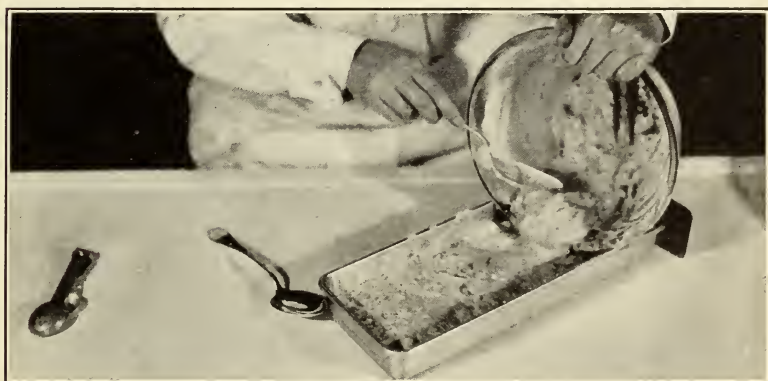
Fold the sweetened fruit into the whipped cream

AS EASY TO MIX AS TO FREEZE

Canned or frozen fruit pulp or bottled fruit juice may be used. Heat the juice and thicken by adding 1 teaspoon of gelatin. Cool, and beat in air before adding to the whipped cream.



Fold in the beaten egg whites to which the salt has been added



Pour into the tray or mold for freezing



Fruit mousse ready to serve

FRUITS ADD FLAVOR

PEACH MOUSSE

1 cup double cream
1 cup peach pulp
5 tablespoons sugar

2 egg whites
 $\frac{1}{16}$ teaspoon salt

Whip the cream. Peel and slice ripe peaches, and rub enough through a coarse strainer to make 1 cup of pulp. Add the sugar, and fold quickly into the cream before the peaches discolor. Add the egg whites, which have been beaten with the salt, pour into a tray or mold, and freeze. Fresh apricot or plum pulp may be substituted for the peach.

CHERRY MOUSSE

1 cup double cream
1 cup pitted cherries
 $\frac{1}{2}$ cup sugar

2 egg whites
 $\frac{1}{16}$ teaspoon salt

Let the pitted cherries stand with the sugar in order to extract the juice, then pour off the juice and chop the cherries. Whip the cream, and fold in the cherry juice and pulp. Fold in the egg whites, which have been beaten with the salt, and freeze immediately. If more cherries are desired, add 1 tablespoon of gelatin to each cup of juice in the usual way.

PRUNE OR APRICOT MOUSSE

1 cup double cream
1 cup prune or apricot pulp
Sugar to taste

2 egg whites
 $\frac{1}{16}$ teaspoon salt

To make 1 cup of prune pulp, cook one-fourth pound of dried prunes with a little lemon peel in $1\frac{1}{2}$ cups of water until soft, rub through a strainer, and add 4 tablespoons of sugar and 2 tablespoons of lemon juice.

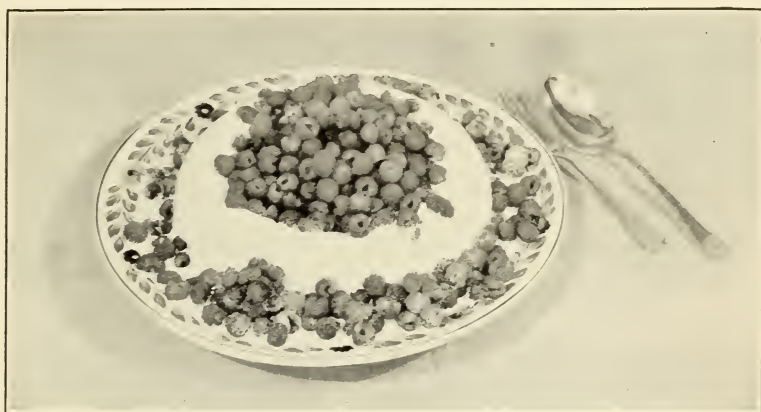
For 1 cup of apricot pulp, cook one-fourth pound of dried apricots in $1\frac{1}{2}$ to 2 cups of water, rub through a strainer, and add enough sugar to fill the cup.

Mix as other fruit mousses. One-half teaspoon of gelatin may be added if needed to thicken the pulp.



These ice creams may be molded or served from a bowl

FREEZING WITH ICE AND SALT



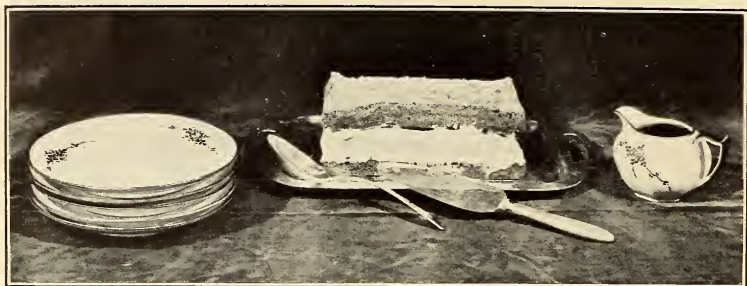
Serve a mold of plain mousse with fresh fruit in season

Any of these ice creams may be frozen with ice and salt. The best proportions are about 3 parts of crushed ice to 1 of salt. The container for the ice-cream mixture should not be too thick. Large baking-powder cans are good for small quantities, or fancy molds may be used. Since the mold must be buried in the ice and salt, seal the opening by drawing tightly over it a strip of cloth dipped in paraffin or some fat with a high melting point, so that the salty water can not leak in. After packing in ice and salt, let stand for several hours. The length of time required for freezing will of course depend on the shape and size of the mold.



Seal the mold and pack it in crushed ice and salt

SERVE IN MANY WAYS



An ice-cream sandwich is good either plain or with fruit or chocolate sauce

ICE-CREAM SANDWICH

Bake sponge cake in a pan twice the size of the ice-cream tray if the dessert is frozen in a mechanical refrigerator. After removing the cake from the pan, cut it into two pieces just the size of the tray. Place one section of cake on a platter, lay the mold of ice cream on the cake, and add the second portion of cake. Serve the ice-cream sandwich plain, with chocolate or other sweet sauce, or with fresh fruit.

SPONGE CAKE FOR SERVING WITH ICE CREAM

4 eggs	1 cup sifted soft-wheat flour	$\frac{1}{2}$ teaspoon lemon juice
1 cup sugar	$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
3 tablespoons cold water	1 teaspoon baking powder	

Separate the egg yolks from the whites, and beat the yolks well. Gradually beat in the sugar, add the water, and continue the beating until the mixture is very thick and light. Sift the dry ingredients together, and fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, and add the flavoring. Bake in a thin sheet in a moderate oven (325° F.) from 30 to 45 minutes.



Two or three small trays placed together make a layered brick

